

HINTON HOSPITAL DR. COOPER'S PRIVATE HOSPITAL

Admits all Medical and Surgical Cases not Contagious

Eye, Ear, Nose and Throat Dep't C. & O. R. R. Annex Hospital Specialty: Appendicitis, Diseas) of Women, Abdominal Surgery Nurses supplied for private duty Hospital Feed \$10 a week

STAFF Dr. O. O. Cooper Dr. Edward Cummi Dr. R. B. Miller Dr. J. C. Motley

M. D. LINGENFELTER Address Dr. O. Cooper, Surgeon in Charge, Hinton, W. Va.

Chesapeake & Ohio Ry.

Leave Marlinton 8:10 a.m. daily; 4:35 p.m. wk day Arrive at Ronceverte 10:35 a. m. daily; 7:00 p.m. wk day From Ronceverte

Express to Cincinnati, Louisville, Chicago, St. Louis and West 8:18 a.m. and 11:48 p.m. daily. 1:53 a. m. Daily to Cincinnati, Chicago, St. Louis and West. 11:18 a. m. Daily Local to Huntington.

Express to Washington, Ne York, Richmond, Old Point and Norfolk.

5:39 a.m., 7:14 p.m., 10:25 p. m. Local to Charlottsville and Lynchburg. Runs only to Clifton Forge Sundays.

3:25 p. m. week days. From Marlinton . Locals to Durbin and Winterburn 10 a.m. wk. days :05 p.m. dai.

In the District Court of the United States, for the Southern District of West Virginia: In the matter of Z. R. Goulet, Bankrupt.

In Bankruptcy No. 460 To the creditors of Z. R. Goulet, of Sunset, in the County of Pocahontas, and district as aforesaid, a bankrupt.

Notice is hereby given that on the 9th day of February, A. D., 1910, the said Z. R. Goulet was duly adjudicated bankrupt; and that the first meeting of his creditors will be held at my office in the Citizens National Bank Building, Charleston, Kanawha County, West Virginia, on the 7th day of March, 1910, at 10 o'clock in the forenoon at which time the said creditors may attend, prove their claims, appoint a trustee, examine the bankrupt and transact such oth completed, three room outhous

before said meeting. W. G. MATHEWS, Referee in Bankruptcy.

2-12, 1910 Memorandum: Schedule shows M. C. SMITH, \$5195.00 assets available and not exempt.

Proof of claim in order to be allowed must be in strict conformity with the form prescribed.

Of Thoroughbred Percheron Stallion, "Miramar'

The Little Levels Horse Compa-

MARCH 5th, 1910.

This is a fine black horse, about eight years old, weighs 1900 lbs. and is a very valuable animal. certificate of pedigree will be furnished purchaser.

TERMS_Twelve months time with interest, purchaser executing bond with approved security

Academy, W. Va.

Cash For Your Fa.m.

Seven years experience hes gossip about) but in a way that it will reach 150,000 farmers.

STUART & WATTS.

Lewisburg, W. Va.

FOR SALE:-House and acres of land at Arbovale, W. V. Good land, 7 room house, 3 rooms er business as, may properly come convenient to doctor, church school, postoffice, etc. \$1,000. Apply to W. A. Es-

Vetinarian.

kridge, Marlinton, W. Va.

All calls by mail or phone given prompt attention.

Auction Sale

ny will offer for sale at public auc tion to the highest bidder their well known thoroughbred, regis tered stallion, "Miramar," at Academy, West Virgsnia, on

Little Levels Horse Co.

List your farm with us, we will sell it. There are two of us always hunting buyers. While you are thinking about your cattle and crops we are hunting you a buyer. us how to advertise. With us your property is not advertised in your local papers (for your neighbors to class

If you want to buy anything in

REALESTATE BROKERS, Ref.—All Acquaintances

Millpoint, W. Va

BIG AUCTION SALE

Having decided to go West will sell at public sale my personal proper ty at my farm on Knapps Creek, Pocahontas County, W. Va., known as the Samuel Harper home place, on MARCH 18, 1910, as follows:

1 pair heavy horses. 1 mule 1 fine black mare, fine driver and saddler 5 cows, will be fresh, 1 Jersey.

7 yearling cattle, 8 hogs 160 fine stock ewes, will find lambs April 10.

10 fine bucks, one Reg. Cotte wold and one Shopshire. 10 stands of bees and fixtures

1 Incubator and brooder 2 wagons; 1 buggy and 1 cart Sheep dip, dipping tank and sheep shears.

Harness, chains, crowbars, canthook shovels, etc.

1 2 horse cultivator new, 2 double shovel plows 2 large plows, harrows, corndrill

hoes etc. 2 mowing machines, buggy rake and hay ropes, hay fork ropes

and pulleys. Lot of hay, corn, potatoes, and 500 cement blocks, lot cement, molds and fixtures.

20,000 sawed shingles, and on bl gas tar. Lot gal. roufing and lot 4-

gal. piping 100 gallon sirtight fruit and lot of empties

30 gallons cucumber pickles 30 " vinegar 115 B Leghorns

Household and kitchen furniture 6 Iron bedsteads, springs and mattresses.

5 oak bureaus with long plate glass

6 small oak tables; 1 extensi table 1 center table, 6 rocking, chair Lot of chairs, stools stoneware also two gases, hydrogen and oxygen

2 cupboards; 2 safes, platform

\$50 Steel range, new one large copper kettle

2 Iron kettles, stoves, etc. 1 50 gallon oil tank, 1 5 gallon

1000,000 ft dry lumber, 9800

TERMS: Six months, bond with approved security, with interest At the same time and place will rent my three farms of 845 acres not sold between now and day of sale. If interested, call on me. Swecker, Auc. B. P. HAMILTON.

Home Course In Domestic Science

II.—Selection of Food.

By EDITH G. CHARLTON, In Charge of Domestic Economy, lowe

State College.

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HE wise selection of food, to suit the individual needs of each member of the family, requires the consideration of at these three questions:

1. Is the food nutritious?

2. Is the food comparatively easy to

3. is the food reasonable in cost? The subject is so important that it hould engage the heart and head as well as the hand of the woman who presides over a family. It is sufficiently important, too, to demand some ught from every individual who values his good bealth and general well being. It has been frequently stated by physicians and phlianthroists that three-fourths of the sickness in the world, one-half the drunkenness and a large percentage of the crime have had their beginning and their cause in poor food and bad cooking. This being the case, can there be any topic of greater value for our lesson

"What shall we eat?"
First I should like to impress upon my readers that "we eat to live" rather than "live to eat;" that, while there should be genuine pleasure in the sim-ple act of eating, this pleasure ought to be experienced when the food is of simple variety. The pleasure is a certainty when the food has been care fully and appetizingly prepared and when hunger is a companion at the meal. The appetite which relishes only expensive foods and foods out of son is abnormal and is certain to bring disaster to its possessor. This disaster may be an attack of rheumatism or some form of dyspepsia, or it may be a depleted bank account.

What Food Is. In order to fulfill its office food mus ther build and repair tissue or it must give heat and energy to the body. and it should do these things at as lit-tle unnecessary expense of physical energy as possible. According to its into five classes. These are the tissue building foods, the fat foods, starches and sugars, mineral matter and water. Each one of these classes has its particular duty to perform for the body and therefore has its especial place on the daily bill of fare. Any food matemore of these five classes. A few of the standard materials contain all five

For instance, what do we find in a loaf of bread? A great deal of starch and some gluten from the flour, a little fat from the flour and more if it has been added in the making, some min water. Meat also has fat, mineral matter and a substance found in the lean part which is called proteid and which is the tissue building property of the meat. The elements which compose these different classes of food cor respond with the elements in the body; hence their necessity. It is chiefly from the food which we eat that we obtain those elements which are necobtain those elements which are necessary for the support of life and the functions of the body.

The Duty of the Five Classes Now that we have seen what an important place in life our dally food occupies let us endeavor to learn to which class or classes certain com-monly used foods belong. The tissua foods, or the proteid foods, are not numerous, but so important are they that life cannot be sustained are they that life cannot be sustained for any length of time without them. This class of food has been given the name proteid. a word meaning "first" or "pre-eminent," because it alone of the five classes is able to build tissue and to repair the daily waste of the cells of the body. The proteids alone contain nitrogen, and nitrogen is one of the elements necessary to life. The following table classifies some of our common foods according to their prin-cipal constituents, also gives their source and use in the body:

SOURCE AND USE OF THE CHIEF FOOD

	FATS	Butter	Meats Nuts	Tissi Give	te of te of Heat Energy
STREET, STATE OF STATE O	CARBO- HY. DRATES	Sugara	Cane Beet Maple Malt Sugar of 3 Sugar In 1 Coreais Floura Peas Beans		Give Heat and Energy Pro- duce Fat
CONTRACTOR OF THE PARTY OF THE	MINERAL SALTS	Vegetal	geta- Car	Bone of in t ries F	he Blood ood to
	BANKS MARKET AND A	ars and under cause b	oth these	e, co	e beer rbohy is con

which are always present in the right proportion to form water. The special

nergy. Before energy is evolved a as fats. The latter are more than three-fourths carbon. This fact at once proves that fat in some form is the food to be eaten when beat is required. It is the food which appeals to the appetite more strongly in winter than in summer and is liked better in cold climates than in warm. If it were ible to have both fut and suga in the diet no great harm would result to the body for some time, because both contain the same elements and both perform the same function-namely, give heat and energy. Not so with the proteids, however, because, being the only class which contains nitrogen, no other can substitute for them

Danger In Overeating. After learning of the importance o proteid foods the first conclu be that they should form the greater part of the diet and should largely compose the daily bill of fare. This is a common mistake and one to be carefully avoided. The intake of food should not be greater than the needs of the body and to preserve its normal equilibrium. Too much food of any kind necessitates too much work on the organs of digestion and elemina-tion and produces certain irregularities of the body functions. Too much proteid—that is, too liberal an allowance of meat, fish, eggs, cheese, etc., in the meals will clog the system with urea, throw too much work on the kidneys in their effort to carry off this final product in the digestion of proteid Too much proteid in the diet inducer rheumatism and aimilar disorders When too much fat, or carbohydra is eaten it is stored up in the body as fat, and the individual finds himself putting on adipose tissue to perhaps an uncomfortable degree. There is more danger in this country from overeating than there is from lack of food, just as the engine is likely to wear out more quickly because of too hard firing

than from lack of fuel. The amount of food required to prop erly develop the body and keep it in normal condition depends on different conditions, such as the occupation of the individual, the age of the individual, sex, climate and personal idiosyn

The man or woman engaged in bard physical work requires more of the foods which repair tissues than does the person living a sedentary life. The amount of fresh air in which the individual lives will also determine largely the rapidity with which food will be oxidized in the body. For instance, the farmer, working in the fields, will require more nourishing foods than the man who sits in his office all day. The farmer's lungs are constantly filled with fresh air; his blood is filled with oxygen. He is perblood is filled with oxygen. He is performing work which requires much physical energy; hence his food is rapidly burned in his body in order to yield the necessary energy, and he is hungry. He has a good appetite for hearty food, and he digests it with ease. The man of sedentary habits finds his stomach rebeiling and himself in general discomfort if he attempts to follow the example of the farmer for any length of time.

How Much to Eat. Occasionally we hear the question, "How much should we eat?" Yet, as rule, the average person does not core and eats what a pampered appetite demands rather than the amount he actually needs. Dietary specialists have found from many experiments that an average man doing average work requires each day about four and a half ounces of proteid, two ounces of fat and sixteen ounces of carbobydrute. An average woman doing the work of an average bousekeeper re-quires a little less, probably about three ounces of proteid, one and a haif ounces of fat and twelve ounces of carbohydrate. The boy fourteen to sixteen years of age requires four-fifths as much food as his father, and the boy or girl of twelve years should have half as much food as an adult. ecently certain specialists have been able to reduce the amount of proteid still lower than the above standards, which are less than those given ten or twelve years ago. But as long as the present habit of "bolting" food with insufficient mastication is common in the country it is not safe to reduce the amount of proteid to the lowest possi-ble figure. The amount of food conble figure. The amount of food con-stituents which I have suggested can be easily obtained from standard food materials; less of these will be re-quired if the foods are propenly cook-ed. Just here the housekeeper's skill is called into account. No matter how nutritions and easy of digestion foods may be in their uncooked state, they may be almost, if not entirely, ruined as far as digestion and assimilation are concerned in the process of cook-

A single portion of beefsteak, two eggs and an ounce of cheese, with milk and a little entmeal, will furnish all the tissue building material the average man will require for one day. A half loaf of bread and a half pound of potatoes, with ordinary helping of rice and a tablespoonful of sugar will furnish the required amount of carbobydrate, and the required fat is easily obtained from the butter used on the bread, the oils in the cheese and the fat in meat. There is much more chance of too much fat being eaten with the ordinary ment than too little. We are likely to underrate the value of water in the dlet and use it too sparingly. Water is a food and a very necessary one. Its duties for the body are numerous and important. It beins to carry food to the blood, assists, in carrying off the waste matters, equalcarrying off the waste matters, equal-ises the temperature of the body and acts as a solvent for food. Its benefits to the system are many.

Marlinton Tailoring Parlors

W. Makowicz, Proprietor.

Has on display a full line of piece goods and samples of Spring and lar saw, taken from Lentz Mill of Summer wear, at prices ranging from \$15 to \$50 per suit; overcoats, Back Mountain near Durbin, so from \$15 to \$50; trousers, from \$4 to \$15. Measures taken by an time prior to November 18, 19 experienced tailor; perfect fit and satisfaction guaranteed. Cleaning, pressing and repairing neatly and quickly done. Parlors located in Remporary Court House Building, First Floor.

How Road Builders Have Improved on Scotchman's Idea.

IDEAL HIGHWAY NECESSITIES

stantial Foundation and a Wearing Surface Necessary For the Up to

ion and maintenance of macadam

Macadam's road is a thing of est. In fact, the road of the kind wilt by the Scotchman John Loudon Macadam and named in his nonor bas en obsolete in this country for some

proken stone, and he did not dream hat a broken stone roadway could be nade as smooth as a billiard table by he use of steam road rollers. In these days when we speak of

acadam road we mean a road with he following characteristics: A road with easy gradients, usually not exceeding a five foot rise in 10

feet of length.

A road with drainage appliances so perfect that substantially no water reaches the broken stone from below. A road with a foundation consisting of either the natural soil, if suitable otherwise of artificially placed grave or unbroken stone, so that the foun dation with the superimposed broken tone will have sufficient strength to distribute over the underlying soil any load to which the road is likely to be

subjected. A road with a wearing surface of wo or more layers of broken stone small in size, those at the botton isually not more than two and one half luches in diameter and those at the top generally varying from one and one-quarter inches to one-half inch



BRAUTIPUL STRETCH OF MACADAMIZED ROADWAY.

fully spread, uniform in depth and rolled thoroughly with a steam road roller before the next course is placed. in diameter, each course or layer careoughly compacted and the void spaces or interstices between the stones are largely eliminated. The final process sists in spreading over the surface of the upper layer of broken stone a thin covering of the screenings which result from the machine breaking of the stones and which contain a considerable proportion of tipe dust, then flushing or grouting the screenings into such voids as remain between the broken stone and rolling the road with the steam roller.

So far as the treatment of macadam roads is concerned, the remedy seems to be in the application of protective coats or coverings of a bituminous na

Before any of the bituminous ma terials are applied it is essential that the road surface be evened up and patched where necessary, rolled and swept clean of all dust. The bituminous materials are then applied hot to the road surface by means of spraying machines or gravity distributers or by hand in quantities varying from one-quarter to three-quarters of a gal-lon to the square yard and immediately covered evenly with sand, fine grav-el or broken stone screenings.

The annual maintenance will be mere-

the cost of renewing the covering bably from 4 cents to 5 cents pe quare yard per annum. By this method no wear whatever will take place on the broken stone, and in a sense that portion of the ordinary macadam road which takes the wear will there-

ituminous wearing coat.

The protective coat referred to would robably be inadequate for traffic, and he introduction of bituminous binders into the volds between the broken tones would be necessary.

A good deal of work of this sort is

being done now in an experimental way by mixing the bituminous material with the broken stone before it is placed on the roadway or by groutng the bituminous material into the spaces between and around the broken atone after it has been placed and par-

tially rolled. The cost of the ordinary macadam road is probably from 20 to 50 cents require a protective covering at least as often as once in two years. It would be economical to rely upon the protective covering and to omit the bituminous material from the voids between the stone while the traffic remains as at present.

\$25 REWARD \$25

We will pay \$25 for information leading to the recovery of one 60 inch, inserted tooth, Atkins circume prior to November 18, 190 This 3rd of February, 1910

Trustee's Sale.

By virtue of authority vested

in me as trustee, by two deeds of trust executed by John P. and Grit Verdie E. Townsend, the first one bearing date on the 2nd day of November, 1908, and recorded in the office of the clerk of the county court of Pocahontas county, Careful Grading, Good Drainage, Sub- West Virginia in trust deed book 5, at page 464 to secure Allie G. Arbogast in the payment of a note for \$300.00 bearing even date with this deed with interest from roads Austin B. Fletcher, secretary of date; the second deed of trust dated on the 22nd day of March, 1909, and recorded in the office of the said county clerk in trust deed book 6 at page 174 to secure the said Allie G. Arbogast in the payment of a note for \$200.00 bearing even date with said deed, with in terest from date, and each of said deeds granting a certain tract of land situated on the waters of Brush run, in the Greenbank district, Pocahontas county, West Virginia, containing 138 acres less amounts conveyed to M. D. Darnell, Charles Middleton and Adam Calhoun, and default having been made in the payment of said notes and the holder thereof having airected said trustee to advertise and sell, I will proceed to offer for sale at public auction to the highest bidder at the front door of the court house of said county at Marlinton, Pocahontas county, West Virginia, on the 26th day of February, 1910, at 1 o'clock, p m, the said tract of land. There is a econd deed of trust on said land executed by said Verdie E. and John P. Townsend to F. R. Hill. rustee, on the 5th day of April. 1909, to secure N. C. Wilfong the payment of a note for \$357.46 and since said date said note has been assigned to W. W. Arbogast and now owned by him. Said tract of land has on it a good dwelling and is a desirable home and farm.

Terms of Sale: Cash enough to to pay the costs of executing this trust and the expense of sale and enough to pay the whole of thetwo notes secured by the deeds of trust dated on the 2nd day of November 1908, and March 22nd, 1909; the second payment to be an amoun sufficient to pay the note of \$357.46 secured by the deed of trust bear ing date on the 5th day of April, the 5th day of April, 1910; and the residue, if any, to be paid in twelve months from the day of sale, the purchaser executing his promissory notes for the defered payments with personal security to be approved by said trustee, nearing interest from date of sale bad the title to be retained as ultimate security.

Given under my hand this the 25th day of January, 1910. W. W. ARBOGAST, Trustee

WATCH REPAIRING

I have opened a watch repair shop in the Hamilton Building, opposite the Bank of Marlinton, opposite the Bank of Mariinton and in order to gain your patron

age, will offer you first class work at the following low rates:

Cleaning, 85c; Balance staff 85c; mainspring 85c; Jewels 85c; Watch glasses 20 cents.

All work guaranteed. Reference furnished.

E. H. SAMPSON.

NOTICE

As assessor of Pocahontas county I will call on the tax-payers of the county in person or by my assistants for a list of your realestate and personal property, and collect the capitation as required by law. Please be ready to pay your one and two dollars capitatien when called on.

S. B. MOORE, ASSESSOR.

4, F. & A. M. States communi canta held co first and third Tuesday nights of each onth in their Lodge room in the First National sank building at 8 m. Visiting brethren are cordially wited to attend these meetings an ake part in the proceedings.

J. W. HIL. W. M. Part TY 4. TOAL. DR. M. N. MCKEE.

DENTIST. MARLINTON. W. VA Office on Camden Avenue.

elew Times Office

FOR SALE:—A small grist mill known as Griffin mill on Big Spring of Elk, Good water power all the year round. About 1 1-2 acres of land, with small dwelling. cres of land, with small dwelling.

COUNTY DIRECTORY.

Sheriff, J. H. Buzzard; Dopution Lanty McNeel, Lloyd Burner and Paris D. Yeager. Superintendent of Schools, J. 1

Assessor, S. B. Moore: Deputies, L. S. Cochran and J. W. Olivez.
Representative, A. D. Williams.
Coroner. A. P. Moore.
Cresult COURT.

Clerk Geo. W. Sharp.
Prosecuting Attorney, F. R. Hill.
Com'r of Accounts, T. S. McNeel.
General Receiver, S. B. Moore.
Terms: Third Tuesday of January,
first 'Auesday of June and first These day of October.

COUNTY COURT. Clerk, C. J. McCarty; Doputy, J. @ Commissioners: W A. G. Charp. president; W. H. Hull and Jas. F. Dar

Terms: First Tuesday of January and March and fourth Tuesday of June and September.

ATTORNEYS. 4. M. LOCKRIDGE. Attorney at-Law,
Huntersville, W. Va.
From: and careful attention gives to all legal work.

D. Williams. E. H. WEllas WILLIAMS BROTHERS, Civil Engineers and Surveyers.
Marlinton, W. Va.
Phone or write us for informat
concerning maps, bine-prints,
stracts of title surveys of railres
water lines, town sites, sewerage is
and lines.

A. P. EDGAR, Attorney at-Law, Marlinton, W. Va. Courts: Pocahontas and adjoining

H. S. RUCKER Attorney-at-1.aw. Marinton, W. Va.
Will practice in the courts of Posthontas and Greenbrier counties, in the Supreme Court of Appeals F. RAYMOND HILL,

Attorney-at-Law, Marlinton, W. Va. Will practice in the course of Po hontas and Greenbrier counties, a in the Supreme Court of Appeals West Virginia.

M. C. McNEIL,
Attorney at Law,
Marinton, W. Va.
Will practice in the courts of Posshontas and adjoining counties, and in
the Court of Appeals of the state of
West Virginia. O. W. Osenton.

PRICE, OSENTON & McPEAK,
Attorneys-at-Law,
Marlinton, W Va.

Prompt and careful attention gives Andrew Price.

o all legal work. W. A. BRATTON, Attorney at Law,
Marlinton, W. Va.
Prompt and careful attention gives
to all legal business.

T. S. MeNEEL, Marlinton, W. Va.
Prompt attention to all legal bu

ness placed in his hands. L. M. McCLINTIC,
Attorney et Law,
Marlinton, W. Ya.
Will practice in the courts of Pe
hontas and adjoining counties and
the Supreme Court of Append.

H. L. VANSICKLER Attorney at Law,
Lewisburg, W. Va.
Will practice in the courts of Grebrier and adjoining counties.

E. F. CURRY,
County Surveyor,
Dunlevie, W. Va.
Any information connected w.
office or occupation will have a MISCELLANEOUS.

A. M. OLIVER, Notary Public, Carpenter and Contract Durbin, W. Va.

A. D. CARTER, Successor to R. B. Slavin, Marlinton, W. Va. Tinning. Plumbing. Heat

Buckeye, W. Va.

Sawyer, Saw Hammering,
And mill overhauling work a opty. Practical all round mill man.
teen years' experience. Referfurnished...

M. F. GUM, Marlinton, W. Va.

- DR. ERNEST B. HILL, Dentist, Marlinton, W. Va By strict attention to hope to gain your practice.

A. O. BAXTER.

Civil Engineer and Surveyor,
Marlinton, W. Va.

First National Bank Building.
Rail and tram roads specialties.
calls by mail or phone gives pro-

WEST VIRGINIA CITIZENS TRUS AND GUARANTEE CO AND GUARANTEE COMPANY.
This company will furnish bonds
all county, state and municipal cers; fiduciary bonds, such as adm
istrators, guardians, etc.; court hos
of all kinds, attachments, informal
ing bonds, injunction bonds, bank
ficials, centractors' bonds, treasure centractors' bonds, to T. S. McNeel, Agent.

sewell Lodge, No. 134, K.

PARK D. YEARS. R. A. Kun, M. S. R. & R. Sartinian Lodge, No aug.